



Mithila Makhana

Mithila Makhana or **Makhan** ([botanical name](#): *Euryale ferox* Salisb.) is a special variety of aquatic [fox nut](#) cultivated in Mithila region of Bihar and Nepal. Bihar Agricultural University, Sabour facilitated for Geographical indication tagging for Mithila Makhana.^{[1][2][3][4][5]} Subsequently, in April 2022, it received [Geographical indication](#) from the Government of India. The union minister of Commerce and industries, [Piyush Goyal](#) announced the information about the GI tagging for Mithila Makhana on his Twitter account on 20th August 2022. According to the GI registry certificate, it is certified that the GI has been registered in the name of Mithilanchal Makhana Utpadak Sangh, Purnia.^{[6][7]}



Mithila Makhana (मिथिला मखाना)

Mithila Makhana	
	
Pond in Mithila region cultivating Makhana	
Scientific classification 	
Kingdom:	Plantae
Clade:	Tracheophytes
Clade:	Angiosperms
Order:	Nymphaeales
Family:	Nymphaeaceae
Genus:	<i>Euryale</i> Bihar Agriculture University
Species:	<i>E. ferox</i>
Binomial name	
<p><i>Euryale ferox</i></p> <p>Geographical Indications</p>	

Makhana is the one of the three prestigious cultural identity of Mithila. Pan, Makhan and Machh (fish) are the three prestigious cultural identity of [Mithila](#). 'पग-पग पोखर, माछ, मखान' (step to step there are ponds, fishes, and Makhan) marks the region's cultural identity and [Maithili](#) pride. In [Mithila](#), Makhana is also termed as Makhan. It is also very famous in Kojagara festival of [Maithil](#)

Brahmins celebrated for newly married couples.^[8] Makhana contains protein and fiber, along with micronutrients like calcium, magnesium, iron, and phosphorus.^[9] Postal Department of India started courier service of Mithila Makhana in the state of **Bihar** from 28th January of 2021.^{[10][11]} It is the fifth product from **Bihar** which has received the GI tag.^[12]

Health Benefits

Makhana is a healthy Indian **snack** cultivated majorly in the **Mithila region** of **Bihar** state in India. The seeds of the product are edible after they are processed. The seeds are put into very high temperature hot sand and then it is fried. After that the seeds got exploded and become **snacks** to eat like **pop corn**. It has lower **cholesterol**, **fat** and **sodium**, therefore it also an ideal weight-loss snack as it is low in **calories**. It has also a high **nutritional** value and is a rich source of **proteins**, **carbohydrates**, **fibre**, **potassium**, **iron**, and **zinc**. It also help us to overcome **insomnia** and **arthritis**, and improve **cognitive** functions.^[12] Makhana is rich in **anti-oxidant** and **anti-inflammatory** properties and therefore, it is also beneficial for **heart** health along with controlling blood sugar.^[13]

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See Also

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 - [Madhubani](#)
 - [Maithili Language](#)

- [Mithila Painting](#)

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